

# 30<sup>th</sup> Annual

## Maine Schoolsite Health Promotion Wellness Conference



**June 24 – June 26, 2015  
Sugarloaf**

### TENTATIVE SESSION TOPICS

- ✦ **BRAIN RESEARCH ON MOVEMENT AND ACADEMIC SUCCESS**
- ✦ **SUBSTANCE USE PREVENTION**
- ✦ **BUILDING RESILIENCY**
- ✦ **HEALTHY COOKING**
- ✦ **USING DATA SUCCESSFULLY**
- ✦ **MANAGING STRESS**
- ✦ **WOMAN'S HEALTH**
- ✦ **LIFE BALANCE**
- ✦ **SAFE & HEALTHY SCHOOL ENVIRONMENTS**
- ✦ **DANCE, DANCE, DANCE!**
- ✦ **COMMUNICATION AND COLLABORATION**
- ✦ **MEDIA LITERACY FOR HEALTH & WELLNESS**
- ✦ **AND MUCH MORE**

### KEYNOTE SPEAKERS

**Murray Banks** from Underhill, VT is an honored educator and world champion athlete who has created a fun and lively keynote that will energize and inspire while providing skills for enhancing the wellbeing of students and colleagues alike. Participants will be reminded to catch their breath and reset their focus on being their best... so they can help other staff and students be their best!! Murray is the perfect fit for our hard working, fun loving group; he has come “back to the future” to be with us, as he was one of our first keynote speakers nearly 30 years ago! Murray understands that the work of Wellness Teams takes extraordinary energy and stamina, so he will help us become tough and resilient professionally, yet balanced and healthy personally with practical tips to use throughout the school year, and our lives!! Murray was Teacher of the Year in Vermont for Physical Education and an innovator in wellness programming since the '80's. His presentation will be loaded with practical skills, engaging stories, hilarious visuals and wonderful anecdotes.

**Randy Judkins** is one of Maine's own hailing from Portland and a longtime favorite of Wellness Conference audiences. A master facilitator of cooperative game play, improv and dynamic group activities, he will create a bonding experience for our wellness teams and colleagues. Randy is excited to be back in our 30<sup>th</sup> year presenting his workshop on Connecting, Communicating, and Collaborating for Success. He will assist teams in learning to work together, finding a shared affinity and an understanding of effective and positive teamwork all with lots of laughing! Participants will emerge appreciating each other, thinking more flexibly, communicating clearly, and reacting more openly to alternative strategies for a successful and healthy school and work environment.

**Norm Bossio** from Lakeville, MA is an award-winning speaker who has been engaging audiences for over 30 years. He has 23 years in the field of education as a teacher, principal, and superintendent and draws upon those experiences when speaking. He has hosted a public television show and authored a book, *Staying Motivated on the Deck of the Titanic*. Norm combines content with comedy to create a unique mix that ensures audience participation. His audiences have included clients ranging from Bill Clinton to Stephen King. One of the Wellness Conferences favorite speakers, Norm will explore and discuss the unique stressors, frustrations, and opportunities facing school employees and offer tips to enhance interpersonal skills and accomplish a productive learning environment.

**Jana Stanfield** is a top favorite with Wellness Conference participants. She is a songwriter and a musician with a mission to make a difference, making people laugh. Beware...her shows come with a warning...you may “laugh ‘til you leak.” Jana’s songs of love and life have earned platinum album status. She and her compositions have been featured on 20/20, Entertainment Tonight, Oprah, the Jerry Lewis Telethon, the movie “8 Seconds” and radio stations around the world. Jana travels the world performing music, leading volun-tour trips, and doing service projects with adults and children in need. As a motivational performer and educator, Jana combines music with a message that entertains, inspires and encourages. Her mission is to give organizations a “Faith-lift,” delivering music, humor and a message that makes people feel better about who they are, what they do and why they’re doing it. Her closing keynote concert is sure to inspire and leave participants refreshed, renewed and recommitted to the role as an explorer on their journey of a lifetime.

**Dave Cowens** earned a berth in the Basketball Hall of Fame because of his tenacity and work ethic as a mainstay of the Boston Celtics in the 1970s, leading the team to NBA championships in 1974 and 1976. Cowens was known for his consistency, unselfishness, versatility and energy that established him as one of the most solid and respected centers in recent NBA history. Dave was the NBA MVP in 1973, a two-time NBA World Champion and a seven-time NBA All-Star, highlighted by an All-Star Game MVP award in '73. In 1996, Dave Cowens was named one of the NBA's Top 50 players of all time. Since his days with the Celtics Dave has coached at the professional level, run his own summer basketball camp for ages 10 - 17, is a businessman and speaker focusing on the importance of communication, teamwork, and planning. Dave will share highlights of his career while teaching us about purposeful planning and the importance of setting goals. Dave now lives in Raymond, Maine.

**The Downeast Hysterical Society** is a two person comedy show made up of humorists Randy Judkins and Barney Martin both from Maine. Randy has appeared on local & national TV, instructed at the Ringling Brothers Barnum & Bailey’s Clown College and taught master classes at the Juilliard School of Drama. Barney Martin has performed in musical concerts in New England, Colorado, Bahamas & England. They are two of Maine’s most entertaining variety artists, actors, musicians and Downeast humorists, presenting a stress reduction evening. You won’t want to miss this fun, entertaining, and informative presentation!